

### ABSTRACT OF THE DISCLOSURE

A grip for minimizing sting in a hand held swinging athletic contacting making article such as a bat, racquet, club or stick is secured to the handle of the article. The grip is a multilayer laminate having an inner layer made from an elastomeric material having high energy absorption and vibration damping characteristics. The laminate also includes an exposed outer layer made from an elastomeric material having a high coefficient of friction and being pliable. In addition, the laminate includes force dissipating material having the characteristics of absorbing and redirecting vibrational energy.

::ODMA\MHODMA\CB;180876;1